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2017

Canteen Love Food Breakfast Menu 2017

Canteen

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breakfast menu

085 215 3212 www.wearecanteen.com

Breakfast Pots

Simple 'Flahavan's' Organic Porridge Oats 3

Keep it simple with organic oats, cooked in milk

Porridge with Granola 3.5

Organic porridge topped with crunchy homemade granola and honey

Aztecs Porridge 3.5

Organic porridge topped with 'Willie's' Cacao, honey & banana



Super Seed Mix 0.5

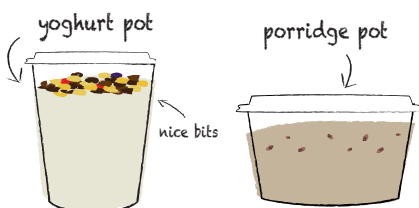
Mixed Nuts 0.5

Maple Syrup 0.5

Raspberries 0.5

Banana 0.5

Granola & Aztec Yoghurt Pots available 3.5



Irish Breakfast

Real Irish Breakfast 7.95

'Crowe's Farm' sausage, rashers, black and white pudding roulade, 2-hour roast tomato and thyme-roasted field mushrooms, homemade baked beans and fried free range egg, served with 'Wild Onion Bakeshop' bread

Breakfast Burrito 7

Tomato salsa, avocado and sour cream with 'Crowe's Farm' sausage & rasher served in a tortilla wrap with chilli sauce

French Toast 7

'Wild Onion Bakeshop' white loaf soaked in milk and egg, fried to perfection and served with crispy bacon and maple syrup

Huevos Habaneros 7

(hui-vos hab-an-arous)

Cuban styles eggs cooked in a spicy tomato sauce topped grated cacao and parsley served with 'Wild Onion Bakeshop' bread

Green Eggs and Ham 7

Poached eggs, avocado & chilli sauce with 'Crowe's Farm' bacon served on 'Wild Onion Bakeshop' toast.

Veggie options available

Breakfast Bagels

Sausage and Bacon 5

'Crowe's Farm' sausage and bacon on Wild Onion Bakeshop bagels with real Irish butter

Avocado & Bacon Bagel 5

Sliced avocado with crispy 'Crowe's Farm' bacon on a toasted bagel

Cream Cheese 3.5

Have your 'Wild Onion Bakeshop' bagel with cream cheese

Egg pots

Just Eggs 3.5

Three super healthy eggs poached to your liking

Eggs Avo 4

Two poached eggs served with avocado, chopped tomato and chilli sauce

Breakfast Pot 4

Two poached eggs served with homemade baked beans and 'Crowe's Farm' bacon

**Real Irish Food
with Integrity**

**Flahavan's Organic Porridge, Homemade Granola, Crowe's Award
Winning Outdoor Reared Pork, Wild Onion Bakeshop Real Bagels**